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**FISCAL YEAR 2008
CHILD AND ADULT CARE FOOD PROGRAM
OPERATIONAL MEMORANDUM #9**

TO: Child and Adult Care Food Program Institutions

FROM: Mary Ann Chartrand, Director
Grants Coordination and School Support

DATE: March 4, 2008

SUBJECT: Mealtime Memo for Child Care

Attached are four issues of the *Mealtime Memo for Child Care*. The titles are, "Beverages for Children," "Cooking with Fresh Vegetables: Focus on Broccoli," "Healthy Classroom Celebrations," and "Iron Nutrition for Children."

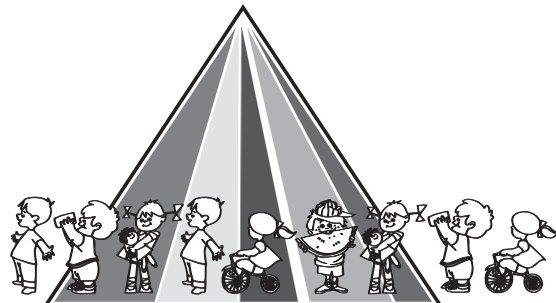
Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and include menus, recipes, and activities related to child care. Subsequent issues of the *Mealtime Memo for Child Care* will be provided when published.

If you have any questions regarding this memorandum, you may contact the Child and Adult Care Food Program staff at (517) 373-7391.

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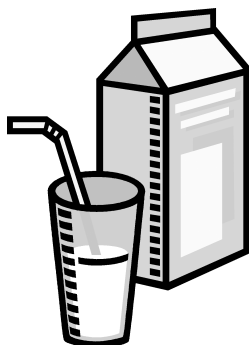
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Beverages for Children

Children can learn to drink healthy beverages, such as milk, juice, and water, in childcare. At breakfast and lunch, children drink milk. They may occasionally have juice at breakfast and snacks. Offering water regularly can help young children learn to enjoy drinking water.

Let's discuss recommendations for children's beverage intake. This information is also helpful for parents, who may not know how much milk, water, and juice their children should be drinking.



Milk

- Milk intake for toddlers and pre-schoolers should not exceed 24 oz (3 cups) per day. Two to three 6-8 oz servings of milk per day is appropriate.
- Children need calcium, vitamin D, and protein in milk.
- Drinking too much milk can cause anemia.

Water

- Offering water rather than juice or other beverages when children are thirsty between meals and snacks may improve appetite for meals.

- Offer water at snack time, even if you offer milk or juice.

Juice

- For children 1-6 years of age, juice should be limited to 4-6 oz per day in a cup. Juice should not be offered in a bottle.
- Only 100% juice (rather than "fruit drinks" or "ades") should be offered to toddlers and children.
- Toddlers and young children often drink too much juice because it tastes good and is easily packaged and carried around.
- Encourage children to enjoy eating fruits more often.
- **Drinking too much juice can cause:**
 - Diarrhea
 - Malnutrition
 - Tooth decay



Other Beverages

Sugared beverages, such as sodas and fruit drinks, contain few nutrients. Children do not need these beverages.



Mealtime Memo FOR CHILD CARE

Peach Muffin Squares A-16A*

Rolled oats	1 ½ cups	Frozen egg whites, thawed OR	½ cup 1 Tbsp OR
Water, hot	1 ¾ cups	OR Fresh large egg whites	4 each
Enriched all-purpose flour	2 ¼ cups 1 Tbsp	Lowfat plain yogurt	2 Tbsp
Baking soda	⅝ tsp	Canned applesauce	2 Tbsp
Ground cinnamon	⅝ tsp	Rolled oats	½ cup 1 ¼ tsp
Ground nutmeg	⅝ tsp	Enriched all-purpose flour	2 Tbsp
Salt	⅝ tsp	Brown sugar, packed	2 Tbsp ¼ tsp
Margarine or butter	¼ cup 2 Tbsp	Margarine or butter	2 Tbsp
Brown sugar, packed	1 cup 2 Tbsp	Canned sliced cling peaches,	3 ⅔ cups
Sugar	1 cup 2 Tbsp	in syrup, drained	
Vanilla	1 ¼ tsp		

Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Set aside.

In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Set aside.

In a separate mixing bowl, cream margarine or butter and sugars using paddle attachment for 10 minutes on medium speed. Scrape down sides of bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed. Add the oat mixture and blend for 1 minute on low speed. Add the flour mixture and blend for 1 minute on low speed. Scrape down sides of bowl. Blend for 1 minute on low speed.

For topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.

Coat 9" x 13" x 2" pan with pan release spray. Pour batter and spread evenly.

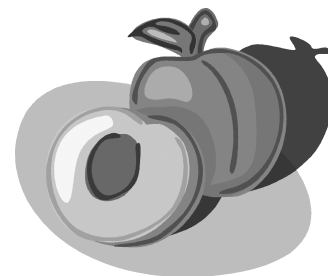
Spread peaches over pan. Peaches may be pureed. Sprinkle topping over peaches.

Bake until golden brown and muffin pulls away from sides of pan.

Conventional oven: 325 °F for 45 minutes. Convection oven: 325 °F for 35 minutes. Cut each pan 5X5.

Number of servings: 25

Serving size: 1 piece provides the equivalent of 1 slice of bread.



Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Peach Muffin Squares- A-16A*	Fresh fruit kabobs	Yogurt Fruit Dip – G-04*	Graham crackers	Cottage cheese
Milk	Wheat crackers	Crackers	Peanut butter**	Pineapple tidbits
Water	Water	Water	Milk	Water
			Water	

*USDA *Recipes for Child Care*. Available online at www.nfsmi.org.

** Sunflower butter may be substituted for peanut butter.

Sources:

American Academy of Pediatrics. (2001). *The use and misuse of fruit juice in pediatrics*. Pediatrics, 107(5):1210-1213.

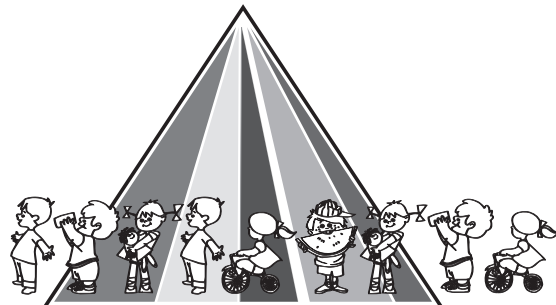
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U.S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved March 5, 2007, from www.nfsmi.org

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For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.



Cooking with Fresh Vegetables: Focus on Broccoli

Broccoli is a good source of fiber, vitamin C, and vitamin A. It also contains iron and calcium.

Broccoli is great

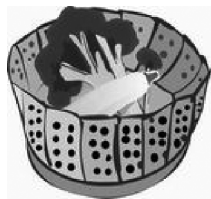
- cooked and served as a side dish
- in soups
- in salads
- in quiches
- in stir fry
- on pizza

Broccoli can be served raw, boiled, steamed, microwaved, or blanched.

Methods of preparing broccoli:

1. Boil

Bring water to a boil in a pot, then add fresh broccoli. The water should partially cover the broccoli. For one bunch, boil for 5-10 minutes.



2. Steam

To steam broccoli, either use a metal steamer pot with a colander or make your own steamer by placing a small footed sieve or colander in a large pot. Add water until it almost reaches the bottom of the colander. The water should not touch the vegetables. Cover the pot. Steam just long enough for broccoli to be easily cut with a fork. The broccoli will turn a bright color. Steaming takes a little bit longer than boiling.

3. Microwave

Place broccoli in a microwave safe container, cover, and vent slightly (you can use plastic wrap). You do not need to add water. Microwave just long enough for broccoli to be easily cut with a fork. Since microwaves cook unevenly, you will need to stir and turn broccoli during cooking. Remove broccoli from microwave and uncover. Allow broccoli to stand for at least five minutes before serving.

4. Blanch

Fresh broccoli is easier for young children to chew if partially cooked. Cook broccoli for a very short time, then chill quickly in ice water and drain. Remember to cut broccoli into small pieces to avoid choking.



Teaching tips:

Before serving broccoli for a meal or snack, plan a learning activity.

- Ask the children where broccoli comes from (the ground, a tree).
 - Ask them to describe broccoli (is it sweet, crunchy, smooth? What color is it?)
 - Talk about broccoli belonging to a family of similar vegetables. Show pictures of cauliflower and cabbage. Ask children if they have tried these vegetables.



Mealtime Memo FOR CHILD CARE

A Week's Menus



Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Corn flakes Banana slices Milk	Cut Biscuits Using Master Mix- A-09B* Ham slices Mixed fruit Milk	Oven Baked Three Grain Pancakes- A-06B* Diced peaches Milk	Scrambled eggs Toast Pineapple tidbits Milk	Oatmeal Diced strawberries in vanilla yogurt Milk



Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Broccoli Quiche- D-08* Apple slices Milk	Baked chicken Yellow corn Pear and mandarin orange salad Whole wheat bread Milk	Turkey sandwich Broccoli Cheese Soup- H-05* Applesauce Milk	Sliced turkey Chicken or Turkey Rice Soup- H-10A* Steamed carrots Diced peaches Whole wheat roll Milk	Hamburger Lettuce and tomato Sesame Broccoli- I-03* Pineapple chunks Whole wheat bun Milk



Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted English muffin with fruit spread Milk Water	Mini banana muffins Milk Water	Lightly steamed carrot sticks and broccoli with lowfat dip String cheese Water	Lowfat yogurt sprinkled with granola Strawberries Water	Mixed dried fruits Wheat crackers Milk

*USDA Recipes for Child Care. Available online at www.nfsmi.org.



Sources:

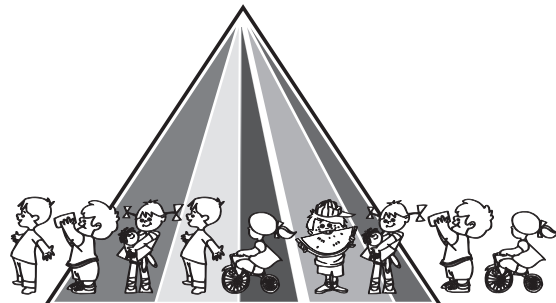
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Healthy Classroom Celebrations

By serving healthy foods at classroom parties, you can help teach children to enjoy healthy foods at celebrations. There are many fun and healthy foods to serve at parties. Plan parties around non-food activities.



Share ideas in this newsletter with parents to encourage them to bring healthy foods when they bring foods for classroom celebrations.

Healthy party foods:

- Apple slices with peanut butter¹ and raisins
- Carrot sticks and broccoli (very lightly steamed), served with low fat dip
- Oatmeal Whole Wheat Raisin Cookies (B-02A² - see recipe on next page)
- Rice cakes
- Graham crackers and peanut butter¹
- Cheese and crackers
- Fruit with yogurt dip
- Granola
- Pita face pizzas
- Mini bagels with cream cheese and raisins

Non-food activities for classroom celebrations:

- Play games. Here are some suggestions:

Name That Sound

- ▶ Gather a selection of items that can make a recognizable sound. Examples: a pan and spoon, a whistle, a toy drum, a rattle, a packet of cereal, and a set of keys.
- ▶ Now demonstrate each item so children know what to expect.

To play the game, hide behind a screen, and randomly make noises with each instrument. Ask the children to name the sound.

Pin the Tail on the Donkey

- ▶ You can use variations of this game for different holidays. For instance, you can pin the stem on the pumpkin for a fall party. For toddlers, omit the blindfold.
- Play with puzzles.
- Sing songs.

Children can still enjoy special treats at parties. Limit high-fat or high-sugar items to one item per party. For example, you can have cake at a celebration, and make the other choices healthier.



Mealtime Memo FOR CHILD CARE

Oatmeal-Whole Wheat Raisin Cookies B-02A²

Margarine or butter	$\frac{3}{4}$ cup	Baking powder	1 $\frac{1}{2}$ tsp
Sugar	1 $\frac{1}{2}$ cups	Baking soda	$\frac{3}{4}$ tsp
Frozen whole eggs, thawed OR	$\frac{1}{2}$ cup OR	Salt	$\frac{3}{4}$ tsp
fresh large eggs	3 each	Ground nutmeg (optional)	$\frac{1}{2}$ tsp
Vanilla	1 $\frac{1}{2}$ tsp	Ground Cinnamon	$\frac{1}{2}$ tsp
Lowfat 1% milk	3 Tbsp	Raisins	1 cup
Whole wheat flour	2 cups	Sugar	$\frac{1}{4}$ cup
Rolled oats	1 cup 2 Tbsp	Cinnamon	1 tsp

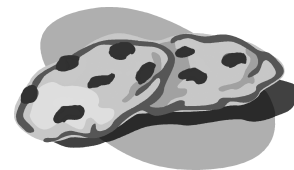
Cream margarine or butter and sugar in a mixer with the paddle attachment for 10 minutes on medium speed. Add eggs, vanilla, and milk. Mix for 1 minute on medium speed until smooth. Scrape down sides of bowl.

In a separate bowl, combine flour, oats, baking powder, baking soda, salt, nutmeg (optional), and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on medium speed until well blended. Scrape down sides of bowl. Mix for 30 seconds on low speed.

Lightly coat 3 half-sheet pans (13" x 18" x 1") with pan release spray or line with parchment paper.

Portion with a No. 24 scoop (2 $\frac{2}{3}$ Tbsp) in rows 3 across and 3 down. Combine sugar and cinnamon in a shaker and sprinkle over cookies.

Bake until light brown. Conventional oven: 375 °F for 12 minutes. Convection oven: 350 °F for 16 minutes.



Number of servings: 25

Serving size: 1 cookie

Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Fruit Dip- G-04 ² Apple slices Water	Diced peaches Pretzels Water	Bagel half Peanut butter ¹ Raisins ³ Water	Mini pita Lowfat cream cheese Steamed diced vegetables ⁴ Water	Graham cracker sticks Applesauce Water

¹Sunflower seed butter may be substituted for peanut butter.

²USDA Recipes for Child Care. Available online at www.nfsmi.org

³Children can use the raisins to make faces on the bagel. Remember that raisins can be choking hazards for young children.

⁴Choose vegetables according to seasonal colors. For example, orange carrots can be used for a fall party; green and red peppers can be used for a winter holiday party

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

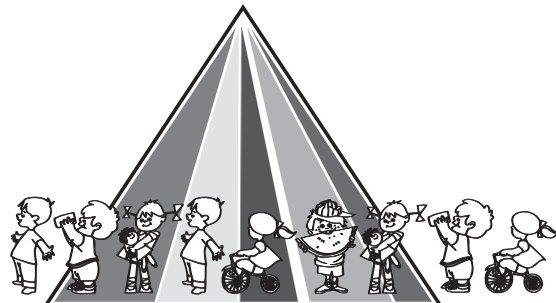
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EventWise. Musical games for young kids. Retrieved March 23, 2007, from <http://www.eventwise.co.uk/>

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Iron Nutrition For Children



Iron deficiency is the most common nutrient deficiency worldwide, and can be a problem for some infants and children in the U.S. In fact, 7% of 1-2 year old children and 5% of 3-5 year old children in the U.S. are iron deficient.

Left untreated, iron deficiency can cause anemia. Anemia is a decrease in the number of red blood cells.

Iron carries out a number of important functions in the body. Iron

- prevents anemia.
- carries oxygen in the body.
- boosts immune function.
- contributes to learning and problem solving.

Good food sources of iron include:

- Lean red meats
- Dark poultry
- Whole and enriched grains
- Beans and peas
- Green leafy vegetables
- Dried fruits

Symptoms of iron deficiency include:

- Fatigue
- Irritability

- Weakness
- Pale skin
- Headache

Iron rich foods you can serve for **breakfast** include:

- Fortified breakfast cereals
- Hot cereals, such as oatmeal and grits
- Dried fruits



Iron rich foods you can serve for **lunch** include:

- Beans (try bean soup or bean burritos)
- Meats (particularly red meat)
- Enriched grain products, such as rolls, bread, and pasta made with enriched flour
- Cornbread made with enriched corn meal
- Salad greens, such as leafy lettuce, romaine lettuce, and spinach

Iron rich foods you can serve for **snack** include:

- Dried fruits
- Enriched grain products, such as crackers, bagels, and breads made with enriched flour



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Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese toast Pear halves Milk	Baked Whole Wheat Doughnuts- A-07 ¹ Applesauce Milk	Oatmeal Warm grapefruit wedges with brown sugar Milk	Cinnamon roll Orange sections Milk	Blueberry pancakes Diced peaches Milk



Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Oven-Baked Parmesan Chicken - D-05 ¹ Steamed broccoli Bean Soup - H-08 ¹ Apple slices Whole wheat roll Milk	Bean Burrito- D-12A ¹ Diced peaches Milk	Sweet-and-Sour Chicken - D-06 ¹ Rice Boiled carrots Orange wedges Milk	Oven Baked Fish- D-09 ¹ Baked sweet potato Green peas Whole wheat roll Milk	Pizza-in-a-Pocket- F-04 ¹ Green salad Apricot halves Lowfat yogurt Milk



Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and crackers Water	Graham cracker sticks Lowfat yogurt Water	Apple smiles ² Milk Water	Fresh carrot sticks ³ Lowfat dip Wheat crackers Water	Toasted mini bagel with cheddar cheese Water

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

²Apples sliced in circles with peanut butter and raisins. Sunflower butter may be substituted for peanut butter. Remember that raisins can be a choking hazard for young children.

³Lightly steaming carrots may make them easier to eat for young children.

Sources:

Centers for Disease Control and Prevention. (2002). *Iron deficiency—United States, 1999-2000. Morbidity and Mortality Weekly Report*, 51(40); 897-899.

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